

PILATES FOR “EVERY BODY”

Presented by Larry Foe & Anna Jones from
Personalized Pilates.

www.PersonalizedPilates.com

What is Pilates?

- A mind-body system of exercise developed by Joseph H. Pilates over 80 years ago. This method of conditioning develops:

- * Core abdominal strength
- * Flexibility
- * Correct posture and alignment
- * Balance
- * Streamlined body
- * Coordination
- * Increased range of motion
- * Body awareness
- * Enhanced circulation

Personalized Pilates instructors take into consideration each individual's needs and personal goals and then develop a workout specifically designed for that person. The exercises are adapted to meet the needs of the individual regardless of fitness level, age, gender, previous injuries, or physical limitations. Pilates can be challenging enough for the professional athlete yet gentle enough for the rehabilitation client.

Benefits of Pilates

- | | |
|---|-------------------------|
| □ Strengthen entire body (core/intrinsic) | □ Better circulation |
| □ Increase flexibility | □ Clearer thinking |
| □ Gain mobility | □ Increased energy |
| □ Easy on joints | □ Mind/Body connection |
| □ Improves posture | □ Correct alignment |
| □ Decreases/eliminates Pain in many cases | □ Balanced muscles |
| | □ Coordination improves |

Brooke Brown's Story

□ Brooke has been doing Pilates for 18 months and has seen dramatic improvements including:

- Increased arm, leg, and core strength
- Much improved circulation (especially in feet)
- Reduced pain in numerous areas
- Chiropractor every 2 months vs. every 2 weeks
- Drastically increased mobility in her legs
- Wrists – improved range of motion and use
- Can now stand up and sit down on her own as she holds on to Reformer foot bar

Brooke – Supine legs

□ Back with legs

Brooke – Seated Chest Expansion

□ 307

Brooke – Reformer Tricep press

□ 316

Brooke – Reformer Jump Board

□ 314

Time To Move & Have Fun!

□ Please get your theraband out

Exercise # 1: Hug a Tree

*Set up and cue exercise (band from behind)

Exercise # 2: Salute

*Set up and cue exercise (band from behind)

Exercise # 3: Chest Expansion

*Set up and cue exercise (resistance from front)

Exercise # 4: Bicep curl

*Set up and cue exercise (resistance from front)

Exercise # 5: Pull back

*Set up and cue exercise (resistance from front)

THANK YOU!

We look forward to hearing about your Pilates
success stories!

Larry & Anna from
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